

You're invited



Discover helpful tips and activities for *a new way to health* when you join us for our next Braven HealthSM Wellness Seminar.

Date: 04/25/2022

Time: 10:00

This month's topic: Caring for Your Aging Body

About this seminar: It's never too late to start caring for your body, this presentation covers a variety of topics including; Hydration, Signs of urinary incontinence, Grooming and proper skin care and Oral hygiene for strong teeth and gums.

Location - Engel Sprague Senior Center

239 11th St Waretown

(GPS address is BARNEGAT)

For more information, please contact: Jeanne Broadbent - Recreation Director, Municipal Alliance
Coordinator Township of Ocean 609-548-6319 RSVP via email recreation@twpoceannj.gov



A partnership between Horizon Blue Cross Blue Shield of New Jersey, Hackensack Meridian *Health* and RWJBarnabas Health.

For accommodations of persons with special needs at meetings call

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Spanish (Español): Para ayuda en español, llame al **1-855-457-0222** (TTY **711**).

Chinese (中文): 如需中文協助,請致電 **1-855-457-0222** (TTY **711**) °

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